COMBAT WARRIOR IN A GARRISON WORLD

NAVY AND MARINE CORPS COMBAT & OPERATIONAL STRESS CONFERENCE 2010:

"TAKING ACTION, MEASURING RESULTS"

NAVAL CENTER COSC

COMBAT & OPERATIONAL STRESS CONTROL

COMBAT WARRIOR IN A GARRISON WORLD

GROUND LEVEL INFORMATION FOR COMMANDS

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Wounded Warrior Regiment

HOW YOU TRAINED ME

COMBAT MODE

RAPID ANALYSIS FOR SAFETY

HIGHETEND AWARENESS

COVER YOUR BACK

CONSTANTLY REASSESSING

CHECKING THE GROUND

LISTENING FOR THREATS

COMPLETE THE MISSION

PROTECT YOUR UNIT

PUSH FORWARD

NO ONE GETS BETWEEN THE CONVOY

CONTROL INTERSECTION

REACT- DON'T HESITATE

SECURE THE AREA

STAY AWAKE

How Do You Go From Combat Mode

o Home?

- Where everything forward is life and death, things at home seem so menial.
- Financial decisions, family obligations are frustrating to cope with.
- Important- yes, but not life and death.

What Happened to This Marine?

- Why is this warrior not coping well?
- Why does the warrior mind set not work in Garrison?
- What common coping skills will he use to deal with his state of mind?

Coping Mechanisms

- Drinking
- Isolation
- Fighting
- Drug use for the rush
- Excessive Sleeping
- Staying up all night
- Push family away
- Denial of any problem

Marine/Sailor

- Avoid interactions
- Stay away from home
- Threaten spouse
- Seek counseling
- Complain to Command
- Drinking
- Take away kids
- Leave the relationship

Family Member

What Is Not Working

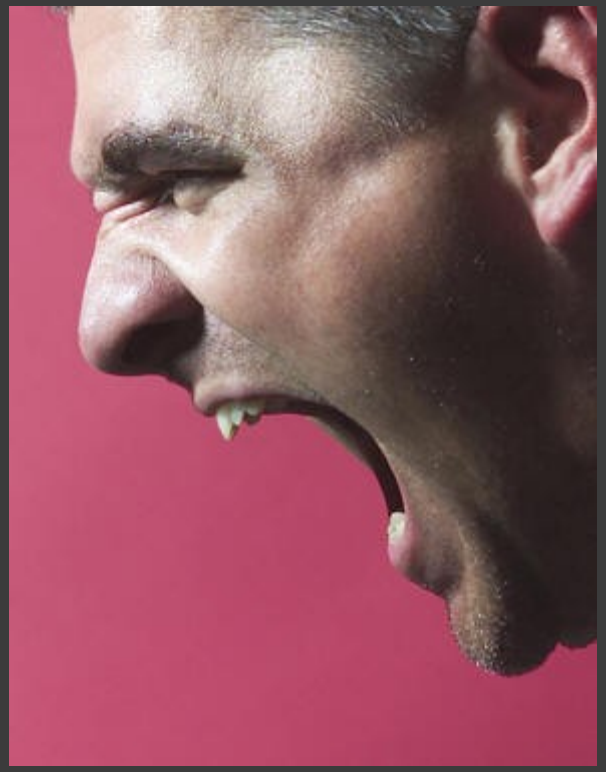
Commonly used to cope

Negative Impact on Relationship

How Fast is Your Tachometer?

- Deployed -your resting tach is about 5000 rpm
- Never Deployed- you likely tach about 1-2000 rpm
- Deployed Angry- will go to 10,000 in a flash

Uncontrolled Anger



- Common in both PTSD and TBI
- Over reaction to simple situations
- Unable to stop the rage once started
- Everything feels out of control back home

HOW WE LOOK AT THINGS

We get why the injured may have problems

What about those who were with them?

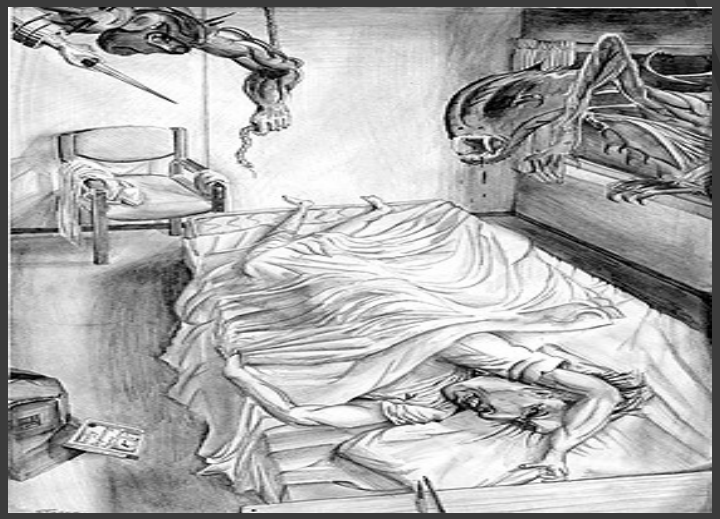
Losses At War

- War leaves scars, Marines die and promises to bring your buddy home doesn’t always happen.
- Survival guilt can destroy the confidence the Corps has instilled in you to be a warrior.
- The reality is, we can’t change those situations, the challenge is to find new approaches to deal with your experience’s in combat. Learn to move forward and allow yourself to heal.

Impact On The Family

- Your mood determines how peaceful your home is
- Demands of your children feel overwhelming
- It may be difficult to be loving or nurturing
- You may find it easier to be around others that have deployed vs family

Sleep- If You Dare



- It is difficult to slow down from the **Op tempo** of combat. Staying awake all night playing video games does not help your body to readjust.

- Nightmares can impact your ability to recover. Rest is essential to prevent psychological injury.

Impact of No Sleep

- Slow response to orders
- Agitation
- Memory problems
- Lack of focus
- Confusion
- Headaches
- Fatigue

Common Post Deployment Symptoms

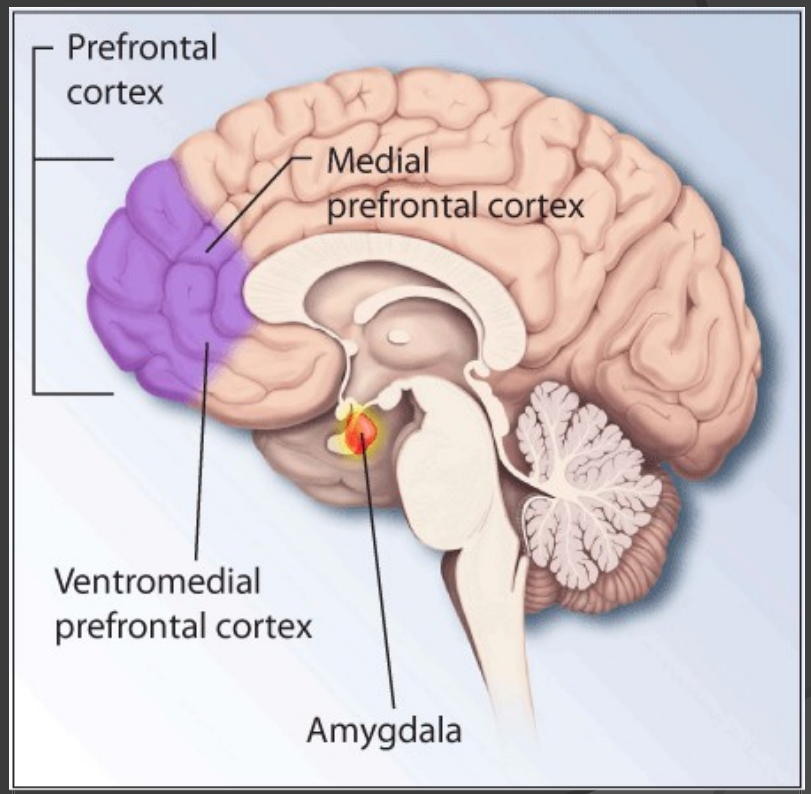
AGITATION	Easily angered, short fuse, Rage
ISOLATION	From family, friends. Go to work and home
ANXIETY	Racing heart, feeling out of control, panic
TOO HARD TO ADJUST	Just give me my weapon let me go back
FIGHTS AT HOME	Irritable for no obvious reason with family
TOSS & TURN/NIGHTMARES	Night sweats, talking in sleep, yelling
NERVOUS IN CROWDS	People can’t stand behind you, must screen
EASILY STARTLED	Sights, Sounds, Smells trigger combat event
SPEEDING TICKETS	
CONSTANTLY ON GUARD	

Is It In Your Head? Actually

Yes!

- Brain transmits chemical message to Amygdala which is the Fear Circuit. This causes a flight or fight response. Info travels rapidly (Freeway)

- Front lobes of the brain have the ability to deem what is safe or a danger, but info travels slowly (Dirt Road)



Brain Structures Involved in Dealing with Fear and Stress

COSCO CONTINUUM

READY	REACTING	INJURED	ILL
• **Confident and competent** • Getting the job done • In control of emotions • Sense of humor • Sleeping enough • Eating well • Working out, staying fit • Playing well • Active socially • Coping well • Functioning well at work and home • Relating well with other Marines	• Anxious, irritable, short tempered • Fighting; opposition • Unusual sadness • Trouble sleeping • Aches and pains • Eating too much or too little • Loss of interest • **Keeping to self; not socializing** • Negative, pessimistic • Loss of confidence • Problems with work performance • Communication breakdowns	• Persistent sadness or irritability • Can't fall/stay asleep • Persistent loss of appetite • Social avoidance or isolation • Inability to enjoy activities • Severe misbehavior • **Severe deterioration of work performance** • Misuse of alcohol or drugs • Other significant symptoms of depression, anxiety	• Stress injury symptoms that persist • **Symptoms that get worse over time instead of better** • Symptoms that get better for awhile but then *come back worse* • Suicidal or homicidal behavior

Traumatic Brain Injury

- Can occur from blast events like IED/ mortar or RPG. Does not require you hitting your head.
- Penetrating wound from shrapnel or small arms fire
- Many suffer from mild to moderate TBI- still functioning, but with some difficulty with memory and or balance

TBI or PTSD
How Do I know?

- Blast injuries may cause problems with memory, anger outbursts, nightmares, balance problems, ringing in the ears and headaches.
- Slurring of speech, dropping items or difficulty recalling instructions or items recently read.
- Events like having your bell rung, or feel dazed for hours to days after the event are common. You do not have to suffer loss of consciousness to have a TBI.
- PTSD symptoms of anxiety, panic, agitation, short temper, nervous in crowds and difficulty concentrating.
- Reliving the traumatic event, flash back memories provoked by sight, sounds and smells.
- Inability to be relax or enjoy normal daily activities. Intolerant to noise
- Night sweats and sleep disturbance

Marine Support

- Command is Critical in providing support
- Be proactive during the crisis, watch for distress
- Strong leadership helps your Marine find resolution and learn how to cope.

What Can Help Me Now?

- Counseling
- Neuro/Biofeedback
- EMDR
- Hypnosis
- Thai Chi
- Yoga
- Medication
- Prolonged Exposure
- Virtual Exposure
- There are options

Deployable
Marine Corps

Functioning at
Home and work

Marine educated
And treatment

Spouse Educated

Our Goal-Moving Forward onto Post Traumatic Growth

Home Front/Family fight

Operation Backing the

Provide the tools and support to all our Marines/Sailors who

Serve Our Corps

Call Us To Get Connected

- Laurie Giertz PAC 703-649-2675 PTSD
- Sheila Galvin FNP 703-649-2667 TBI
- WW Call Center 877-487-6299 24/7

Still In The Fight